

easternexposure

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EMSH Selected as Sam's Club Business of the Month



From left - Suzie Broadhead, Benefits Coordinator and Bill Querrey, Business Manager of Sam's Club 4871 stand with Charles Carlisle, EMSH Director and Mary Beaty, EMSH Director of Payroll during the recent Sam's Club Associate meeting when the hospital was named "Business of the Month."

East Mississippi State Hospital was chosen as Sam's Club Business of the Month in July. The hospital was recognized with the honor at a morning meeting with the associates at Sam's Club in Meridian. According to Suzie Broadhead, Sam's Benefits Coordinator, the hospital was selected because of the partnership between Sam's and the hospital regarding the Club's memberships.

"From the onset of Sam's move into the Meridian market, EMSH has offered payroll deduction to employees for Sam's memberships," Broadhead said. "I have the opportunity to come to the hospital main campus and to the Reginald P. White Nursing Facility twice a year to enroll and/or renew memberships. It just makes for a continuous ongoing relationship, and I always feel so welcome," Broadhead stated. "It's a win/win process for all involved."

What's Inside...

EMSH Selected Sam's Club Business of the Month	1
HIPAA Highlight	1
Director's Message	2
Community Events	2
Congratulations	2
EMSH Friends Board Name New Officers and Board Members	3
EMSH Staff attend Institute	3
Circle of Friends Council	4
National Volunteer Week Celebrated at EMSH	4
"Celebrating the Blues" at Spring Fling	5
Friends Update	5
Retirees Honored at Reception	6
Summer Sizzles at EMSH	6
On Miracles	6
Friendship Center receives Funding	7
Employment Anniversaries	7
Mental Health Notes Job Stress	7
At A Glance	8

HIPAA Highlight

One of the great things about mobile computing is that it's mobile. With a laptop, USB key drive, or rewritable CD (for instance), you can take data anywhere. The bad thing is that it's mobile. Someone else can take your data anywhere also.

HIPAA does not stop with hand held or portable devices. It is still critical that patient data be protected. Always follow these cardinal rules of mobile security:

- If you don't absolutely need to have patient data on a portable device, don't put it here.
- If you do need it, don't keep it there any longer than necessary.
- If you absolutely, positively must take it home, secure it.

Director's Message

The summer is almost gone and we have had a busy one here at EMSH. The individuals that we serve and our employees enjoyed two special events during the past few months, Spring Fling and Summer Sizzle. These activities gave everyone an opportunity to break from their usual routine and be outside and enjoy good food, good music, and fellowship.

I want to commend everyone who made a special effort to make these events successful. Congratulations to Business Services, winner of the barbecue cookoff, and Dietary Department, winner of the ice-cream making competition. I especially want to recognize the Administration II team for their hard work in raising more than \$2,000.00 to benefit our Friends Organization. You all did a great job.

As you know, the Friends Organization sponsors many of the activities that we have at our hospital for employees and for the people that

we serve. I would like to appeal to you all to support Friends by becoming a member. Any organization is only as strong as its membership and for only a \$5.00 annual membership fee you can help make our Friends Organization even stronger.

Our hospital also hosted several recognition events this summer including the annual Volunteer Appreciation reception and Circle of Friends Council. I want to thank all the volunteers, individuals and groups, that make life better for the people of EMSH. We value your contribution. Also, we said goodbye to six longtime employees at their retirement reception. We hate to lose the experience in our workforce, but wish them good times and good health in their future.

This issue also highlights several members of the staff that have completed various milestones in their education. A knowledgeable, dedicated staff is our hospital's greatest asset. I challenge you all to continue your good work in making our facility even better for those we serve. Thanks for your service.

Charles Carlisle
EMSH Director

Congratulations . . .

Kevin Walker on being named Director of Residential Services

Curtis Jones on being named Director of Social Services

Mater McClinton on being named Director of Environmental Services

Miquell McGlothlin on meeting all requirements for Licensed Professional Counselor

Paula McDonald on earning a Masters Degree in Nursing

Dana Robbins on earning a Masters Degree in Social Work

Bobby Bell of Alcohol & Drug Services for completing the Mississippi Association of Addiction Professionals Training

Community Events



East Mississippi State Hospital partnered with other members of the Meridian Medical Community to provide blood pressure checks and ice cold lemonade to fair goers at the Neshoba County Fair on Meridian Day. Pictured above enjoying the refreshments at the fair are (from left) Rachael Scarbrough, EMSH QMHP Director; Charles Carlisle, EMSH Director; Dr. Randy Hendrix, Exec. Director, MS Department of Mental Health; and Bill Bobs, Director of Grants, MS Dept. Of Mental Health.



Sharing information about EMSH with patrons at East Mississippi Business Development Corporation's Main Event Business Expo is Garrett Yeager and Betty Moffett Stamm. The annual event which showcases local products and services was held in April with more than 140 businesses represented. It was estimated that in excess of 5,000 people visited the event.



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East Mississippi State Hospital

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Meridian, MS 39304-4128

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This newsletter is published for employees and individuals interested in mental health and East Mississippi State Hospital.

Charles A. Carlisle, Director
Betty Moffett Stamm, Editor and Photographer

Public Information: 481-1241
Email: moffett@emsh.state.ms.us

EMSH strives to provide a continuum of behavioral health and long term care services for adults and adolescents in a caring, compassionate environment in which ethical principles guide decision making and resources are used responsibly and creatively.

It is the policy of EMSH to comply with federal and state laws assuring equal opportunity of employment and services.

EMSH FRIENDS BOARD NAME NEW OFFICERS AND BOARD MEMBERS

The East Mississippi State Hospital Friends Organization welcomed two new board members and announced a new slate of officers at its August meeting. Appointed to three-year terms on the Friends Board of Directors were Doris Alderman of Meridian and Peggy King of Collinsville. Alderman, a former director of nurses at a local nursing facility filled one of the community representative positions on the Board, replacing Gail Wright. King, whose mother is a resident at Reginald P. White Nursing Facility, filled the family representative position on the board which was previously held by Vanessa Duett.

New officers for the coming year include Joyce Goldner, president; Everette Kimbriel, Vice President; Jane Smith, Second Vice President; Ann Kimbriel, Treasurer; and Betty Moffett Stamm as Secretary.

Friends Board members and officers are the governing body of the EMSH Friends Organization. Other board members include Thelma Hickman and



Joyce Goldner, EMSH Friends President (far right) talks with new board members (from left) Doris Alderman, community representative and Peggy King, family representative.

Bob Smith, employee representatives; Charlie Smith and Mike Jones, Community Representatives, and Jan Egger, alternate board member.

The EMSH Friends Organization was first chartered in 1987 and reorganized in 1990 with the following purposes established:

- To promote interest in EMSH
- To inform families of patients at EMSH of hospital programs and activities.
- To promote understanding of mental health and the needs of the mentally ill.
- To encourage support of EMSH from the state legislature, civic groups, churches and individuals in the EMSH service area.
- To raise funds for EMSH projects that will improve the quality of life for the patients.
- To promote employee recognition and appreciation events at EMSH.

EMSH Staff attend Institute

Five East Mississippi State Hospital staff members recently graduated from the Mississippi State University 2006 Senior Executive Development Institute (SEDI). Wanda Kennedy, Reginald P. White Nursing Facility Director; Howard Sims, Psychiatric Care Services Unit Director; Geri Rutledge, Business Services Director; Kevin Walker, Director of Residential Services; and Rachel Scarbrough, QMHP Director completed the week long institute.

Sponsored annually by the university's John C. Stennis Institute of Government, the leadership training provides practical knowledge on a range of public management issues. SEDI focuses on both theory and practice. Participants are exposed to public and private sector management theories, organizational development, administrative innovations and academic research. Program topics this year included Performance Management, Ethics, Strategic Planning, Marketing, Leadership, Communication, Crisis Management, Health Care, and Human Resources with a number of sessions presented by experienced state and local government executives.



EMSH staff that recently graduated from SEDI are standing left to right: Wanda Kennedy, Reginald P. White Nursing Facility Director; Howard Sims, Psychiatric Care Services Unit Director; Geri Rutledge, Business Services Director; Kevin Walker, Director of Residential Services; and Rachel Scarbrough, QMHP Director.

Circle of Friends Council



Bob Smith of the Public Relations Department looks over the Circle of Friends calendar at the recent COF Council meeting with president, Suzie French of Central United Methodist Church and council member, Pat Smith of First Presbyterian Church.

East Mississippi State Hospital hosted the annual Circle of Friends (COF) Council meeting in August. The Circle of Friends is a group of ten local churches from the community that host events at their respective churches for the individuals receiving services at EMSH. The group includes St. John Missionary Baptist Church, St. Patrick Catholic Church, Jones Memorial Presbyterian Church, Greater Calvary Baptist Church, First Presbyterian Church, Poplar Springs Drive United Methodist Church, Central United Methodist Church, Fifth Street Baptist Church, New Hope Baptist Church, and St. Paul's Episcopal Church. Each church provides refreshments and games every Tuesday during their assigned month beginning in September and ending in June.

Susie French, COF president said that the churches consider it a privilege to host the parties. "We work all through the year planning, gathering prizes, and preparing for our special time with the patients," she said. "We all look forward to our month and receive such a blessing from the activities."

National Volunteer Week Celebrated at EMSH

EMSH celebrated National Volunteer Week by hosting its annual volunteer recognition ceremony on April 26, 2006, at 2:30 p.m. in the Recreation Hall on the EMSH main campus. The theme for this year's ceremony was "Volunteers Make a Difference Everyday." The ceremony was attended by approximately 75 volunteers representing service organizations, local schools, churches, civic organizations and individual volunteers.

Larry McKnight, EMSH Assistant Director, welcomed the volunteers to the hospital and commended them for their service. "Without your generosity and dedication, especially with the recent budget cuts, many of the activities provided for the individuals receiving services at EMSH would not be possible," McKnight said.

The keynote Speaker was Betty Lou Jones who spoke about the importance of volunteers in our community. Mrs. Jones is known throughout this community and our state as well for her many accomplishments, most through her own generosity of volunteering. Entertainment was provided by EMSH staff member, Garrett Yeager.

EMSH volunteers had 1,553 hours of service during the past year. Many individuals and groups shared their time by providing parties, musical entertainment, social events, dinners, teaching Sunday School and much more. In addition, many volunteered their time and talents in other ways such as working on the hospital grounds, in the greenhouse and helping in offices with such duties as filing and organizing.

This year a special group of youth volunteers from Lamar School conducted several fundraisers and partnered with Sam's Club to obtain a grant from the Walmart Foundation. During the reception a check was presented in the amount of \$1,000.

EMSH Friends Organization provided refreshments through the Hospital Dietary Department. Several door prizes were awarded to many of the volunteers. The door prizes were generously donated by EMSH Friends Organization, Marshall Florist, B Street Nursery & Fruit Stand, United Blood Services, Nail Connection & Spa, Positive Promotions, and Odom Florist. Each volunteer received a variety of plant bulbs that were donated by Jacqueline Hogan of Van Zyverden, Inc.

On behalf of our administration, staff, patients and myself, I would like to extend once again our sincere appreciation to each of you who volunteered at EMSH during 2006.

If you would like information about volunteering at East Mississippi State Hospital, visit us on the web at <http://www.emsh.state.ms.us/volunteers.htm>. You can also get a downloadable application and reference forms at the bottom of the web page, or feel free to call Bob Smith in Public Information at 601-481-1114.



Presenting a \$1,000.00 check to Larry McKnight, EMSH Asst. Director, at the recent retirement reception are youth volunteers (second from left) Zirk Ray, Taylor Phillips, Winfield Waters, and Parker Wright. Also at the presentation were Public Information Department staff, Bob Smith and Betty Moffett Stamm

Submitted by:
Bob Smith, Public Information Department

"Celebrating the Blues" at Spring Fling

"Celebrating the Blues II" was the theme of East Mississippi State Hospital's annual Spring Fling which was held in the hospital grove on May 24. The event included food, music, and a barbecue cook-off competition. Employees and individuals receiving services were treated with a barbecue lunch while enjoying music by the EMSH house band, REC+III.

The day's activities concluded a competitive fundraising campaign, which netted over \$7,000 to benefit the EMSH Friend's Organization. Top money raisers were first place, Administration Team II with \$2,370.26;

second place, Bradley A. Sanders Adolescent Complex with \$1,388.87; and third place, Administration Team I with \$1,296.32.

The highlight of the day was the barbecue cook-off. EMSH employees formed teams for the event, providing their own meat, grills, and equipment. The staff worked together to provide delicious food, imaginative table settings, and decorative tents. The event was judged by Teresa Cranmore of Squealers Barbecue and Larry Donald of Rib House Barbecue. This panel of professionals judged on cook site, presentation of entrée, tenderness, flavor, and sauce.

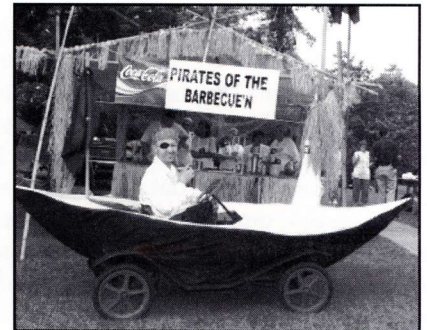
Taking first place in the competition was the Pork Posse (Business Services). There was a three-way tie for second place between the Pirates of the Barbecue'n (Administrative Services), Ribmasters, (Maintenance) and Porky's BBQ Ribs" (Dietary Department).



Pictured with his team, Administration Team II, Kelly Mitchell, Administrative Services Director, shows off the trophy and plaque that they won for being the top fundraiser in the Spring Fling campaign. Standing with the group is, far left, Charles Carlisle, EMSH Director.



Holding the grand prize trophy, Larry McKnight, Assistant Hospital Director, stands with his "Pork Posse" team after being named the winner of Spring Fling's Barbecue Cookoff Competition. Also pictured are cookoff judges, Larry Donald (back row, third from left) and Teresa Cranmore (second row kneeling, second from left).



Pirate Joe Eastman, a member of the Pirates of the Barbecue'n cooking team, navigates his pirate ship during the competition.

FRIENDS UPDATE

I am pleased to serve as president of the EMSH Friends Organization this year and look forward to working with the Executive Board and other members of the organization.

We have two new board members this year. Joining our Board are Ms. Doris Alderman, Community Representative and Ms. Peggy

King, Family representative. Welcome aboard.

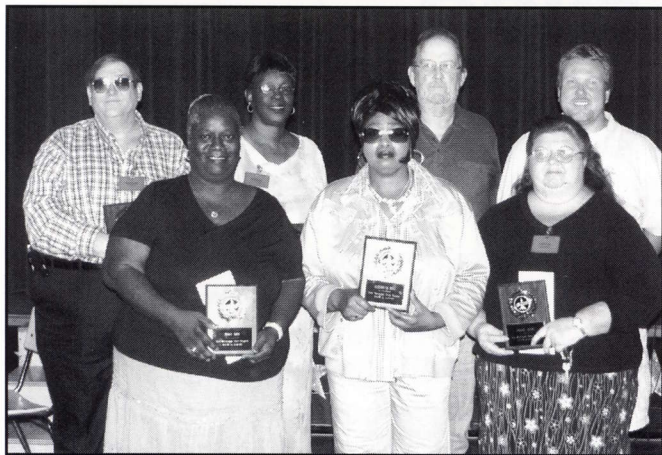
The Friends Organization has been very busy the past year sponsoring fund raisers, employee appreciation functions and scholarships.

I would like to encourage old Friend's members to keep their membership current and ask

others to join. The \$5.00 membership fee is a great bargain. Looking forward to a successful year in the Friends Organization.

Joyce Goldner, President
EMSH Friends Organization

Retirees Honored at Reception



Standing with Charles Carlisle, Hospital Director are EMSH retirees from left: front row - Mary Rice, Elizabeth Bell, Sarah Agent; back row - Ken Carney, Ruby Fleming, Elvin Kotouc, and Mr. Carlisle.

East Mississippi State Hospital held a retirement reception on July 27, 2006, in the EMSH Recreation Hall. The reception honored six longtime employees; Sarah Agent, Elizabeth Bell, Mary Rice, Ruby Fleming, Kenneth Carney, and Elvin Kotouc. Co-workers, friends, and family

attended the reception and spoke words of appreciation and wished the retirees well in their future. Charles Carlisle, EMSH Director, presented the retirees with plaques and commended them for their hard work.

"This group of people that we are honoring today will be hard to replace. They represent many years of dedication and knowledge about the hospital and the individuals that they have provided services for throughout the years," Carlisle said.

Sarah Agent of Intermediate Care Services began work at EMSH in September 1969 and retired May 2006 with more than 36 years of service. Elizabeth Bell, R.P. White Nursing Facility began employment May 1976 and retired April 2006 with 29 years of service. Mary Rice, Receiving Services began work September 1976 and retired March 2006 with 29 years. Ruby Fleming, began work October 1988 and retired on May 2006 with 17 years of service. Kenneth Carney, Medical Care Unit began work on December 1991 and retired April 2006 with 14 years of service, and Elvin Kotouc, Public Safety was employed September 1994 and retired February 2006 with 11 years of work at EMSH.

Also retiring but unable to attend the retirement reception were Reid Whittington, Pastoral Services with 23 years of service; Sandy Allen, Maintenance Department with 24 years of work; Ken Thomas, Administration with 16 years of service; and Jim Lord, Fire and Safety with 11 years of service. The plaques and the reception were sponsored by EMSH Friends Organization.

Summer Sizzles at EMSH

East Mississippi State Hospital held its annual Summer Sizzle on July 5, 2006. Summer Sizzle was an exciting day of organized activities for individuals receiving services to enjoy themselves along with EMSH employees. Held on East Mississippi's front grove, activities included games, dancing, and/or just relaxing and listening to music. Participants cooled off with ice cream and watermelon. Individuals receiving services enjoyed an afternoon movie followed up by an evening of fireworks.

One of the main attractions of the Summer Sizzle was the ice cream making competition. The competition involved employees, divided amongst departments, in a battle for the best ice cream. There were three divisions of winners: fruit, specialty, and vanilla. The winner of the fruit division was Dietary who made strawberry cheesecake, whereas QMHP won both the vanilla and specialty division, with their vanilla flavored and butter finger ice cream. The overall winner of the ice cream making competition went to the Dietary Department.



Maintenance workers, Geraldine Boston and Willie Grace cut watermelons for participants of the Summer Sizzle activities. Enjoying a piece of watermelon is Patricia Alonso from Environmental Services.

Other entries in the competition included Professional Development, Recreation, Community Services, Continuing Care, Administrative Services, Adolescent Unit, and the Director's Office. The judges of the competition were Nick Lisi of Nick and Al's and Chase Keeley of Chance and Dooley's. The judges graded on taste, texture, and presentation upon serving.



From left, Judges Chase Keeley of Chance & Dooley's Ice Cream and Nic Lisi from Nick & Al's stand with JoAnn Knight, Dietary Director who accepted the trophies for Dietary, winners of the specialty division and the overall winner of the ice cream making competition, and Charles Carlisle, EMSH Director.

On Miracles

When we do the best we can, we never know what miracle is wrought in our life, or in the life of another.

-Helen Keller



There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.

- Albert Einstein



A strong positive mental attitude will create more miracles than any wonder drug.

-Patricia Neal

Friendship Center receives Funding from United Way

United Way of East Mississippi and West Alabama officials presented a check for \$10,000 to Christine Brown, Director of East Mississippi State Hospital's Community Outreach Services. The presentation was made at the United Way Office on August 8. The money will help fund the programs and services of the Friendship Center. The check represents the allocation from United Way's 2005/2006 Capital Campaign and is a \$6,000.00 increase over last year's allocation.

The Friendship Center is part of the Community Services Division, Outreach Services. It serves as a social, vocational and educational center implemented to meet the needs of seriously mentally ill individuals living in the community. The program consists of a drop-in center, a nutrition site and a psychosocial program. Open five days a week, the Friendship Center offers direct and referral services to the individuals in the community. Located away from the campus of ESMH, the Center is sponsored by ESMH and the Mental Health Association in Lauderdale County and serves as a vital link in the total aftercare community program. Services are provided to Lauderdale, Kemper, and Clarke counties.



Bubba Hampton, past East MS and West AL United Way Board Chairman (far right) presents Christine Brown, Director of ESMH Community Services Outreach with a check for \$10,000.00. Also pictured is (from left) Sandra Bunyard, United Way Board Treasurer; Donnie Smith, United Way Pacesetter Chairman; and Anita Wansley, Executive Director of Community of Hope Tutoring Program who also received funding.

Employment Anniversaries

APRIL 2006 - AUGUST 2006

5 YEARS

April Adams, Ericka Adams, Martha Barnes, Ferleisi Bray, Chris Chamberlin, Tommie Curtis, Rickey Drake, Anthony Evans, Jannie Grace, Karen Granados, Beverly Hamrick, Jona Hans, Penelope Houston, Ronald Jones, Toni McMillian, Alexei Novozhilov, Kevin Richardson, Dana Robbins, Harold Rush, Carol Samuels, Janice Sanders, Marilyn Shields, Mary Simpson, Mattie Turner

10 YEARS

Valerie J. Alexander, O. Evon Clark, Teresa Coffman, Dorothy Conner, Patricia L. Garrett, Darryl Hampton, Patricia Hooker, Billy W. Ivy, Earnestine Walker

15 YEARS

Sondra E. Barnes, Andre Ivy Davis, Helen G. Edwards, Joyce Ann Ethridge, Rafael Florez, Eduardo S. Jimenez, Fletia J. Jolly, Henry Mosley, Mercelita S. Salanguit, Betty Mae Ward

20 YEARS

Elva Britt, Debbie Burnett, Betty F. Easley, Earthie Fluker, Zo Hernandez, Rhonda Hill, Robert L. Holman, Brenda Moss, Lorene Nealy, Dorothy Price, Shari Pruitt, Sharon Wade, Susan Stuart, Linda Watkins, James R. Williams, Mattie Williams

25 YEARS

Ervin Baylor, Mary Hurst

30 YEARS

Katie Neely, Mary Rice

40 YEARS

Gerald Crawford

Mental Health Notes • Job Stress

The World Health Organization has deemed job stress a "worldwide epidemic." And, according to Monster.com, job stress and related problems cost American companies an estimated \$200 billion plus, annually. Stress results in employee absenteeism, turnover, accidents, and errors, which cost employers and employees time and money.

QUICK WAYS TO RELIEVE JOB STRESS

- 1. GET A LIFE/KEEP A LIFE** - Make sure you get and keep mental and physical activities in your life that you enjoy. Make these pastimes separate and apart from work. The sheer child-like pleasure that a person gets from contact with close friends or relatives, a runner's high, athletic competition, volunteering in areas that help others or in areas of special interest (avocations) balance life. It reminds us to keep work in its important but proper place.
- 2. ANYBODY OUT THERE?** - It's easy to get lost in your job. Many people encounter real problems that someone else may have solved already. Don't reinvent the wheel. Don't work in a vacuum. Get together formally in groups or informally with co-workers and colleagues. You can identify problems and exchange solutions and strategies. Share the load, and you'll find you lighten the burden.
- 3. RELAX YOUR MIND THROUGHOUT THE DAY** - Take mental breaks throughout the day, in which you deep breathe, close your eyes, and visualize something pleasant. A loved one, or something/someone that makes you feel good. Take even a mere 60 seconds to do this, and you will notice a positive change in your countenance. You can easily find times during the day to practice this technique fairly inconspicuously.
- 4. JOURNAL** - This is a very effective way to release whatever is bottled up inside of you. Sit for at least 30 minutes a day, and write, stream-of-consciousness style, in your journal. Don't censor. Let it all hang out. You will be amazed, over time, at how you will see your situation with more wisdom and clarity. Solutions will come to you, seemingly out of the blue. But those solutions come as a result of you investing the time to get to know yourself better.
- 5. TAKING HOME TO WORK** - Is your job stress really being caused by the job or are you merely taking stresses from home to work? Know the difference so you can know where to spend your problem solving energy.
- 6. CLEAR YOUR MIND AT BEDTIME** - Do you fall asleep with the late night news playing in the background? Or, perhaps a gruesome crime documentary or movie? Time to change the channel. Try picking up a relaxation cassette/CD and play that as you fall into a slumber. Listening to a voice that encourages you to relax, to release, to forgive, to forget, and that gives you tools for empowerment, can be a very effective way to de-stress. This is also an effective tool in fine tuning your thought life.
- 7. SAY "NO"** - You know what your priorities ought to be, and only you can cut out the extraneous time wasters so that you can focus on what really matters to you. Don't be pressured by others in giving away your precious time and energy. Moderation in everything. And, remember the story about the rocks in the jar. Get that biggest rock in first - the absolute must "to-do" thing on your list. All the smaller rocks can fit in afterward.
- 8. JOB STRESS IS REAL AND CAN BE DANGEROUS** - The best medicine is to take care of yourself. Don't let problems control you. If you cannot come up with a strategy to effectively deal with your job stress or problem, get professional counseling. Find a counselor and/or physician who can help you.

Excerpts from "Job Stress Help" and "Job Stress - Ways to Relieve Stress" ??????

at a glance

SEPTEMBER

- 1 Summer Melt Down – Dance Competition,
Recreation Department Activity
- 10-16 National Housekeeping Week
- 20 Annual in-service, Recreation Bldg.
- 21 Department of Mental Health Board
Meeting
- 21 ESMH Friends Book Fair, Administration
Classroom, 7:00 a.m. - 4:00 p.m.
- 22 ESMH Friends Book Fair, R.P. White
Nursing Facility - White Building, Care
Plan Room, 7:00 a.m. - 4:00 p.m.

OCTOBER

- 1-7 Mental Illness Awareness Week
- 6 "Fair Day," Recreation Department
Activity
- 10 World Mental Health Day
- 16-22 Infection Awareness Week
Employee Health Fair (DTBA)
- 18 Annual in-service, Recreation Bldg.

NOVEMBER

- 3 Sports Relays, Recreation Department
Activity
- 5-11 Health Information and Technology Week
- 7-8 ESMH Friends Jewelry Sale, Recreation
Building
- 15 Annual in-service, Recreation Bldg.

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Meridian, MS 39304-4128